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# (12) United States Patent

### Zarins et al.

## (54) METHODS FOR THERAPEUTIC RENAL NEUROMODULATION

(71) Applicant: **Medtronic Ardian Luxembourg S.a.r.l.**, Luxembourg (LU)

(72) Inventors: **Denise Zarins**, Los Gatos, CA (US); **Hanson Gifford, III**, Woodside, CA

(US); Mark Deem, Mountain View, CA (US); Douglas Sutton, Pacifica, CA (US); Howard R. Levin, Teaneck, NJ (US); Mark Gelfand, New York, NY

(US)

(73) Assignee: Medtronic Ardian Luxembourg

S.a.r.l., Luxembourg (LU)

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Primary Examiner - Mark W Bockelman

#### (57) ABSTRACT

Methods and apparatus are provided for treating hypertension, e.g., via a pulsed electric field, via a stimulation electric field, via localized drug delivery, via high frequency ultrasound, via thermal techniques, etc. Such neuromodulation may effectuate irreversible electroporation or electrofusion, necrosis and/or inducement of apoptosis, alteration of gene expression, action potential attenuation or blockade, changes in cytokine up-regulation and other conditions in target neural fibers. In some embodiments, neuromodulation is applied to neural fibers that contribute to renal function. In some embodiments, such neuromodulation is performed in a bilateral fashion. Bilateral renal neuromodulation may provide enhanced therapeutic effect in some patients as compared to renal neuromodulation performed unilaterally, i.e., as compared to renal neuromodulation performed on neural tissue innervating a single kidney.

## 15 Claims, 11 Drawing Sheets

